STEADY EASE

Relaxing Pressure for Well-being

Suction Cupping
OPERATING MANUAL

Suction Gun Cupping -Women's Set
- 14 Cups / Set (different breast cups)
- Removable acupressure tips
- Weight : 2 kg/ 4.4 lb
- PACKAGE INFO:16" x 12" x 4"

Suction Gun Cupping-Men's Set
- 12 Cups / Set (with individual male cup)
- Removable acupressure tips
- Weight : 2 kg/ 4.4 lb
- PACKAGE INFO:16" x 12" x 4"

Suction Gun Cupping Deluxe - 18 cup set
- 18 Cups / Set (hard carrying case)
- Weight : 2 kg/ 4.4 lb
- PACKAGE INFO:12" x 10" x 4"

For USA:

Generic Name: Muscle Tension Release Device

Trade Name: Suction Cupping Set

Country of Manufacture: China

Manufactured for/ Distributed by:
YCY Better Health Centre, 9253 Shaughnessy St.
Vancouver BC V6P 6R4 Canada

e-mail: sales@ib3health.com

For Canada:

Generic Name/ Nom générique: Muscle Tension Release Device/ Appareil de relâchement tension musculaire

Trade Name/ Nom commercial: Suction Cupping Set

Country of Manufacture/ Pays de fabrication: China/ Chine

Health Canada Device Class/ Classe d'instruments médicaux de Santé Canada: 1

Manufactured by/ Fabriqué par:
YCY Better Health Centre, 9253 Shaughnessy St.
Vancouver BC V6P 6R4 Canada

e-mail/courriel: sales@ib3health.com

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RELAXING MUSCLES TO BOOST WELL-BEING

Muscle Tension Release Device Kit

The cups in this set are pressure-applying devices, for the purpose of applying pressure to body tissues for muscular relaxation.

Suction Cupping is a modern development based on traditional cupping. It produces the effects of traditional cupping methods and eliminates some of the disadvantages.

DURABLE, BREAK-RESISTANT, EASY TO USE, MULTI-PURPOSE

Strong, superior grade cupping set with pistol grip suction pump gun plus 6, 12, 14, 18, or 24 cups depending on the set selected. Light, break-resisting and age-resisting plastic. Variety of cup sizes, plus a user manual containing diagrams, and application instructions. Further stimulation is applied with the detachable acupressure tips, which press into the skin when it rises from the suction. According to Acupuncture —a therapy with growing popularity— massage is most effective when pressure is applied to specific spots on the body, known as acupoints.

SEE WHAT THE CUPS ARE DOING; SAFE AND CONTROLLABLE

The cups' transparency lets you clearly see the reddening that takes place in the skin as cupping time increases, so you can completely control the cupping as to its effects and the optimal cupping time needed. Without the use of fire there is not the danger of burning the skin; and the negative pressure within the cup can be tailored to each patient's condition, as you control it by hand using the pressure gun.

THE DESIGN MAXIMIZES EFFECTIVENESS, THE MANUFACTURING IS UNEQUALLED

Every piece in the Suction Cupping set is virtually unbreakable, convenient, safe and suitable for both hospital and family use.

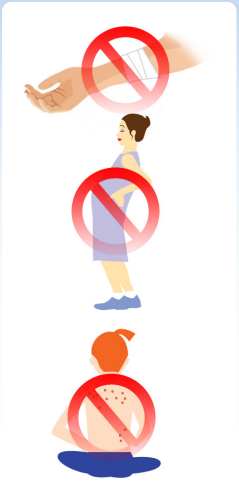
A RANGE OF SETS AVAILABLE

Cupping kits usually come with different numbers of cups that allow for simultaneous treatment in different target areas. The larger cups are used for large areas such as the back while smaller cups are used on the arms and legs. Some Cupping practitioners will use medicinal oils in place of ordinary creams to enhance the vacuum. Some of our cupping sets come packaged with removable acupressure tips that provide continuous pressure on targeted acupoints. Below is the full range of Suction Cupping Sets for your reference.

	Want to know more? This manual includes safety and care information, and basic instructions on using cups. You can find more complete information in books on cupping techniques. For instance, you can order from us: • Simple Cupping and Gwa Sa Techniques in Pictures • DVD: The Art of Massage Cupping Therapy • Traditional Chinese Medicine Cupping Therapy (Includes DVD) • DVD: Moxibustion and Cupping Techniques
	Suction Gun Cupping - 24 Cup Set • 24 Cups / Set • Removable acupressure tips • Weight : 2 kg/ 4.4lb, Package Info:16" x 12" x 4"
	Suction Gun Cupping - 12 Cup Set • 12 Cups / Set • Removable acupressure tips • Weight : 1.2 kg/ 2.6 lb • PACKAGE INFO:12" x 7.5" x 4"
	Suction Gun Cupping - 6 Cup Set • 6 Cups / Set • Removable acupressure tips • Weight : 1.0 kg/ 2.2 lb • PACKAGE INFO:10" x 5.5" x 4"
	Suction Gun Cupping - 24 Cup Set with Case • 24 Cups / Set (with leather case) • Removable acupressure tips • Weight : 2 kg/ 4.4 lb • PACKAGE INFO:15.6" x 11.4" x 3.5"

Contraindications:

1. Do not apply cupping to subjects who are undergoing a high fever.
2. Do not apply cupping on swollen, bruised or ulcerated skin.
3. Do not apply cupping on the abdominal area or lower back of pregnant women.



The following should receive cupping only on the advice of a physician:

1. Individuals with serious disease or medical conditions including bleeding or circulatory problems.
2. Individuals with allergic skin reactions.

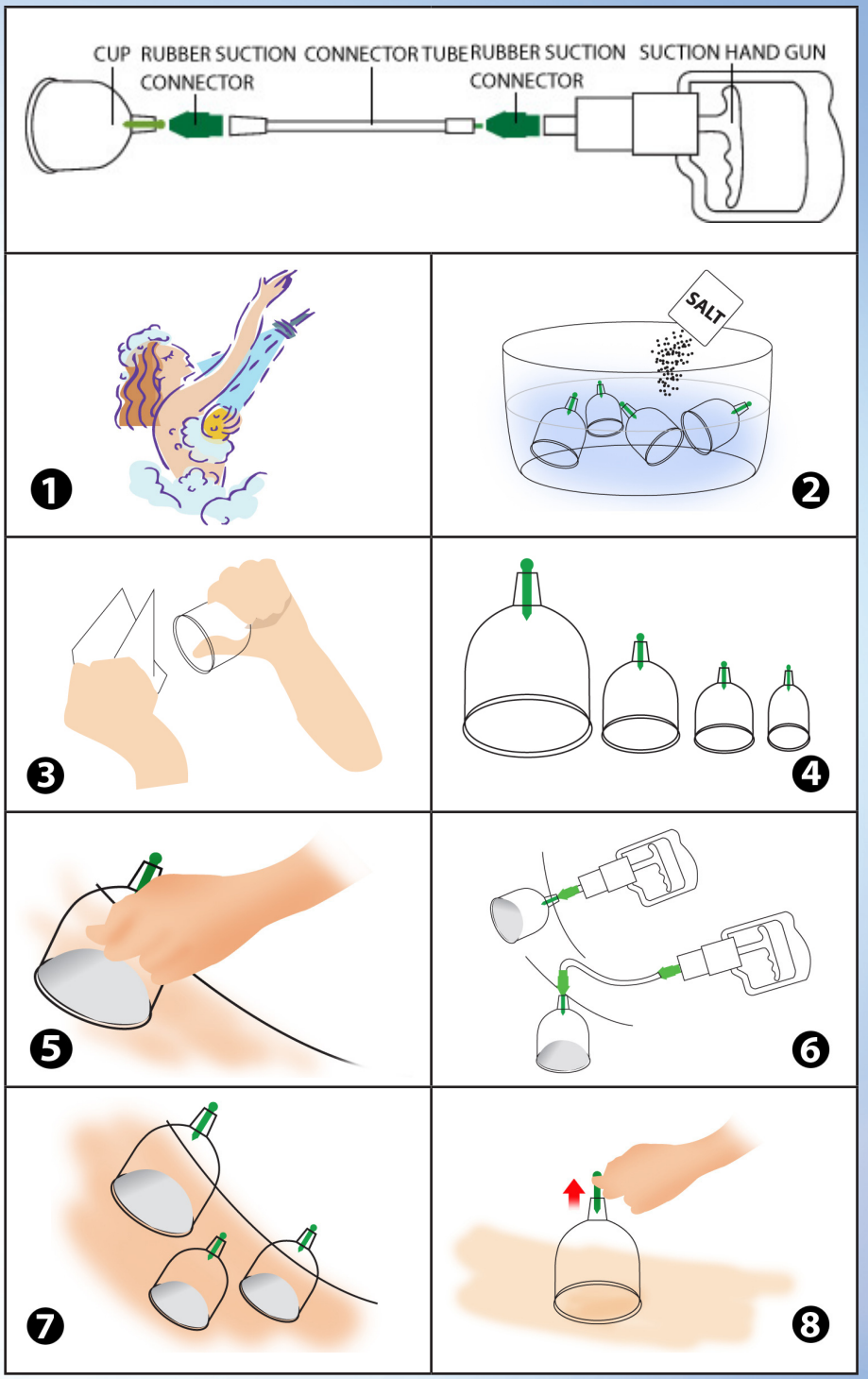
Caution:

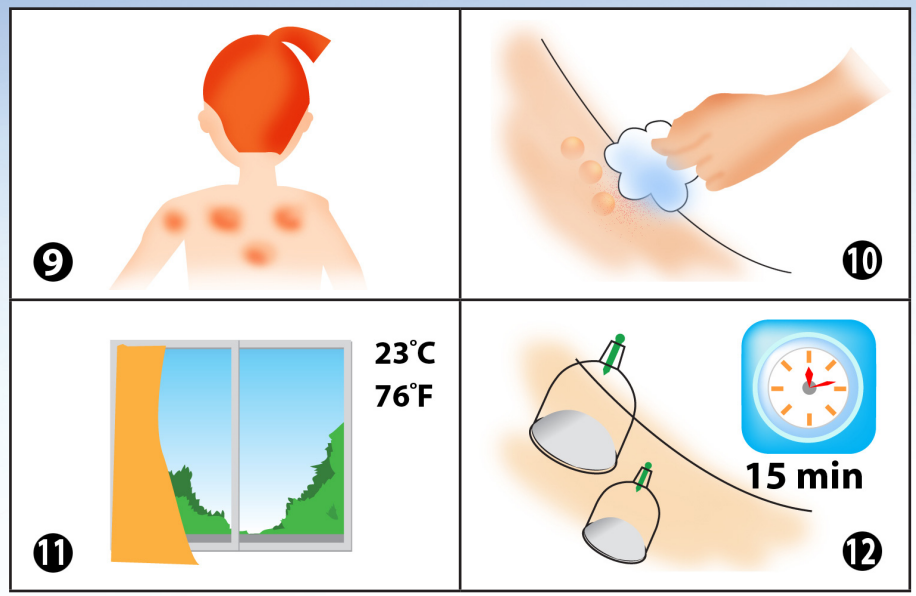
1. Limit application to 15 minutes.
2. For tender skin, lessen the cupping time to avoid blistering the skin.
3. Take extra care if applying to young children and the elderly.
4. If subject is extremely hungry or exhausted, delay cupping until subject's strength is restored.
5. If subject experiences dizziness or fainting during cupping, stop application immediately, give subject fluids and rest.
6. If any blistering or infection occurs during/after cupping, ensure proper first aid and/or medical attention as appropriate.
7. Discoloration of the skin after cupping is normal. It will disappear after a few days.

Care and Storage:

1. Keep cups away from sources of high heat.
2. Clean after use, and disinfect is cups are being shared with more than one person.

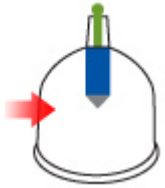
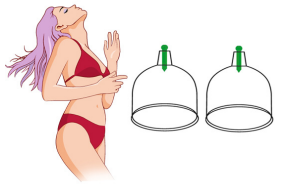
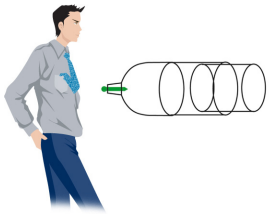
INTRUCTIONS FOR USE - DIAGRAMS



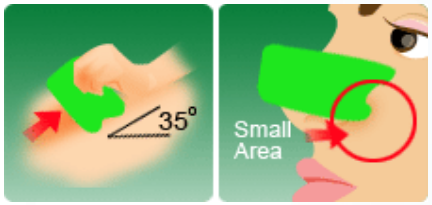


1. Clean thoroughly, remove body hair.
2. Wash cups and target areas on skin with warm, lightly salty water, and dry before cupping.
3. Before performing cupping procedure with a suction cup, make sure the inside of the cup is clean and the assembly is intact (valve and seal are firmly fastened to cup).
4. Select an appropriate size or type of cup. (Smaller cups are for smaller body areas).
5. Smear an appropriate amount of oil, or skin cream onto the target area.
6. Connect the connecters, cup and pump gun, and place the cup on the appropriate part of the body. Draw the gun handle to withdraw air from the cup. Remove Connector to leave cup attached to skin by vacuum pressure. Cups may be moved while attached, the cream or oil acting as a lubricant. This allows for cupping of larger areas, or to adjust the placement of the cup for optimal cupping. When moving a cup, grip the cup low on the bowl, and use the fingers of the non-pulling hand to gently hold the skin taut behind the cup as it moves.
7. The cups can be used individually or in combination according to your preference.
8. After the desired elapsed time, simply release the pressure in the cup by pulling up on the cup's valve to release vacuum. Always use this method to release cup gently (rather than wrenching it away suddenly) to prevent skin damage.
9. It is normal for darkening to appear on the skin where cups are applied. This will dissipate in a few days.
10. It is possible that sometimes blisters may appear on the skin where the cup has been attached. When the blistering is serious, routine sterilization is necessary. Prick the blisters and apply disinfectant.
11. During each cupping session, keep the room warm.
12. Use for no more than 15 minutes / target area, 1~2 times daily, 10 days / area. (After 10 days, give the area a rest of at least 1-2 days).

NOTE: Not all Sets contain the following Special Parts, which are available by special order or as components of some special sets:

		
Further stimulation is applied with the detachable acupressure tips, which press into the skin when it rises from the suction. According to Acupuncture, massage is most effective when pressure is applied to specific spots on the body, known as acupoints.	Special Breast Cup for Women 3 sizes available: S: 3.6" X 2.8" / 9 cm X 7cm M: 4"x 4" / 10 cm X 10 cm L: 4.8" X 5.6" / 12 cm X 14 cm	Special Male Cup for Men

If Your Set Includes a Gua Sha Slide...



This traditional massage method targets aches, pains, stiffness, congestion, and other ailments by gently scraping over a problem area with a Gua Sha Slide.

- Wash and dry skin, then lubricate the area with oil or oil-based liniment. Do not use gua sha on areas with moles, wounds, sores etc.
- Hold the gua sha slide at a 30° angle to the skin, with the smooth edge touching the skin.
- Apply downward strokes to the skin using moderate pressure. The strokes are from top to bottom in the direction of the body length or underlying bone, and where horizontal, in the direction away from the spine to the sides (for instance, tracing "ribs" on the back).
- The person should not feel pain although it might feel uncomfortable. Stroke one area at a time, until all the sha is up (when small pinpoint red spots appear on the skin, raised by the scraping of the board), which is when stroking no longer increases the number of dots or changes the color. Then move to the next area. The sha should fade in about 2-4 days.

If Your Set Includes a Silicone Facial Cup...

This new cupping massage method is popular for its practicality and ease of use...just squeeze to create massaging suction.

- Before starting, wash the skin.
- Squeeze the cup, then press it against the skin. Upon loosening your grip, the cup will suck the skin upwards.
- Slowly drag the cup around for the full massage effect; to lubricate, apply a cleanser, cream, nourishing oil, or use in the shower. Beginners should test for skin reddening on a small area before starting.
- Alternatively, the cup can be left in one place for as many minutes as is comfortable. However, this can leave a temporary red mark on the skin; so when using on face, keep cup moving at all times.
- Provided the skin is handling it well, cupping on the body can be done as often as daily for 9 days followed by 1 day of rest. For the face, 2-3 times per week is enough.
- Wash and moisturize the skin afterwards.